

## Packing a Bag

When you come to UAMS to have your baby you should bring the following:

- Toiletries (soap, shampoo, toothbrush, toothpaste, deodorant, etc.)
- Magazines, books, crossword puzzles, pencil/pen, etc.
- Pillow or personal items for comfort
- Lip balm
- Night gown or pajamas, robe, socks, slippers and underwear
- Nursing bra if breastfeeding; regular bra if not
- Going home clothes for mom and baby
- Socks or mittens for baby
- Baby blanket
- Infant car seat (with base if included)



Please leave all valuables such as jewelry, cash, credit cards, purse/billfold and electronics with a family member or friend. UAMS is not responsible for lost or stolen items.

You will have to pay for parking and the cost is \$7 per day or \$10 per week (see parking attendant).

Meals are not provided for family members. We have several choices including the cafeteria, Lobby Café, Doc Java and some local restaurants.

Children 14 and under will not be allowed to spend the night in the hospital. Please make arrangements for siblings or children before admission.

We hope this is a pleasurable experience for you and your family and would like to help you prepare. If there is anything we can do for you while you are our guest please don't hesitate to ask.

***Thanks for choosing UAMS!***

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*This information has been reviewed and recommended for use by the UAMS/CPED/Patient Education Advisory Committee.*